



How to change rear coil
springs on **Opel Zafira**
F75 – replacement guide

VIDEO TUTORIAL



i Important!

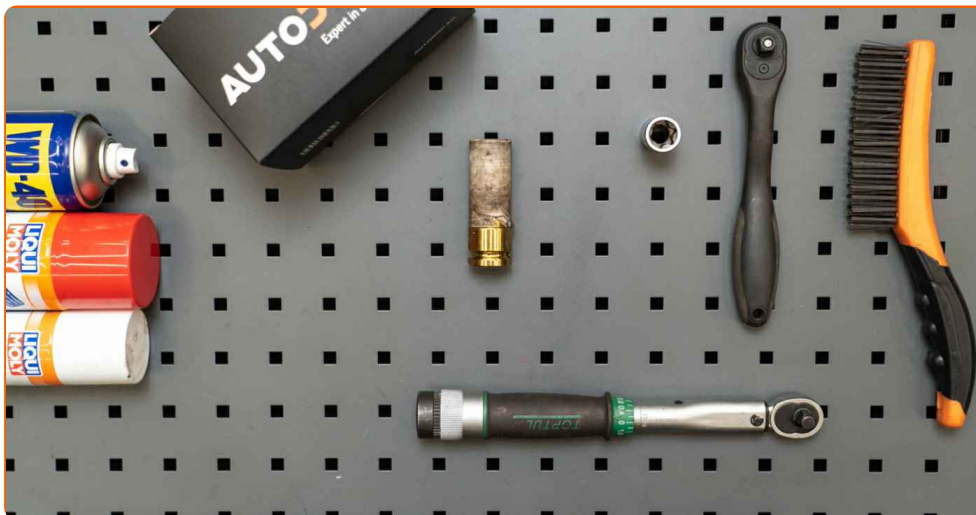
This replacement procedure can be used for:

OPEL Zafira A (T98) 2.2 DTI 16V (F75), OPEL Zafira A (T98) 1.6 16V (F75), OPEL Zafira A (T98) 1.8 16V (F75), OPEL Zafira A (T98) 2.2 16V (F75), OPEL Zafira A (T98) 2.0 DTI 16V (F75)

The steps may slightly vary depending on the car design.

REPLACEMENT: COIL SPRINGS – OPEL ZAFIRA F75.

LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Impact socket №E20
- Wheel impact socket #19
- Ratchet wrench
- Torque wrench
- Tap wrench
- Hydraulic transmission jack
- Wheel chock

BUY TOOLS

Replacement: coil springs – Opel Zafira F75. AUTODOC recommends:

- Both coil springs of the rear suspension should be replaced simultaneously.
- The replacement procedure is identical for the left and right coil springs of the rear suspension.
- All work should be done with the engine stopped.

REPLACEMENT: COIL SPRINGS – OPEL ZAFIRA F75. USE THE FOLLOWING PROCEDURE:

1

Secure the wheels with chocks.



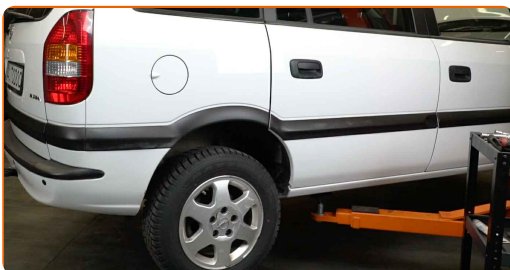
2

Loosen the wheel mounting bolts. Use wheel impact socket #19.



3

Raise the rear of the car and secure on supports.



4

Unscrew the wheel bolts.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.
Opel Zafira F75

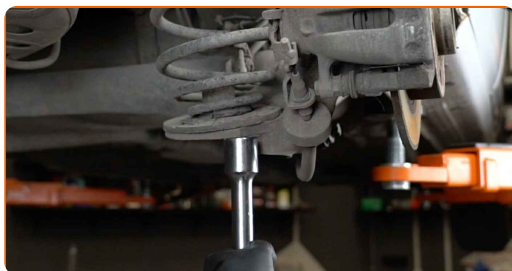
5

Remove the wheel.



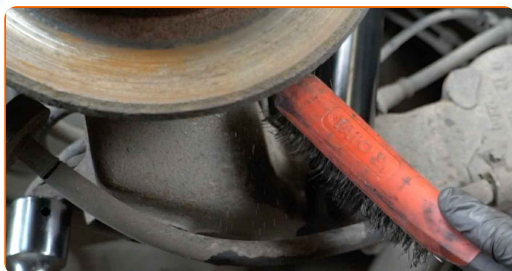
6

Support the rear suspension beam. Use a hydraulic transmission jack.



7

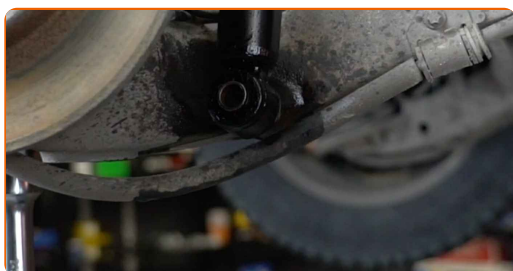
Clean the shock absorber fasteners. Use a wire brush. Use WD-40 spray.



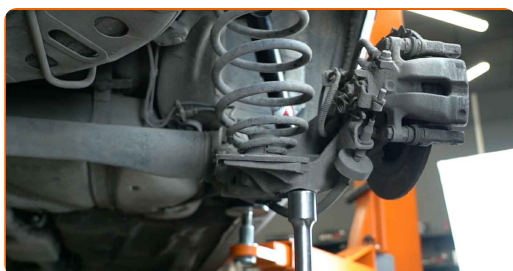
- 8 Unscrew the lower fastener of the shock absorber. Use a drive socket #E20. Use a tap wrench. Use a ratchet wrench.



- 9 Remove the fastening bolt.



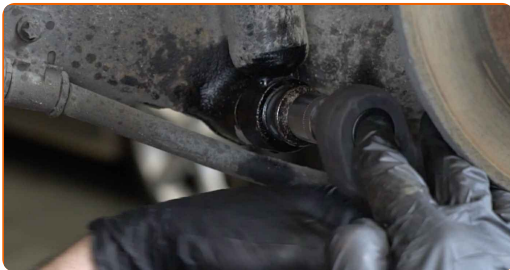
- 10 Remove the mounting from under the rear axle beam.



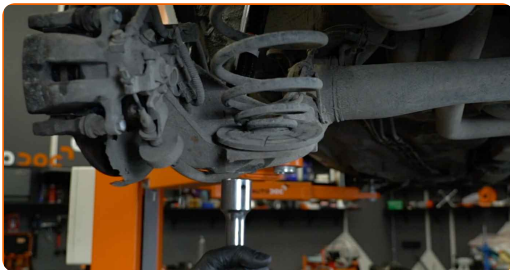
Replacement: coil springs – Opel Zafira F75. Tip from AUTODOC:

- Lower the hydraulic transmission jack smoothly, without jerks, to avoid damaging assemblies and mechanisms.

- 11 Support the rear suspension beam. Use a hydraulic transmission jack.
- 12 Clean the shock absorber fasteners. Use a wire brush. Use WD-40 spray.
- 13 Unscrew the lower fastener of the shock absorber. Use a drive socket #E20. Use a tap wrench. Use a ratchet wrench.



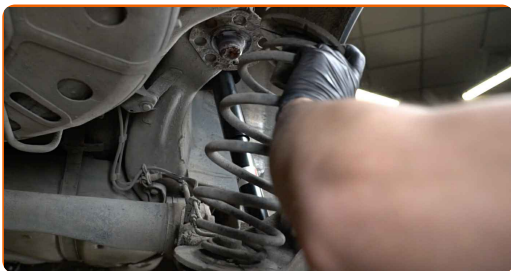
- 14 Remove the mounting from under the rear axle beam.



AUTODOC recommends:

- Replacement: coil springs – Opel Zafira F75. Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

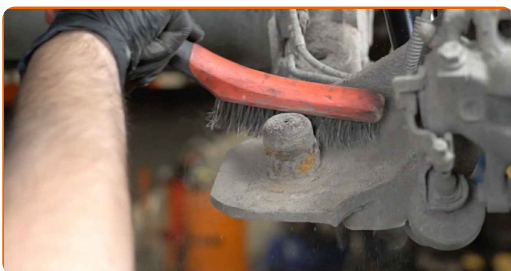
15 Remove the spring.



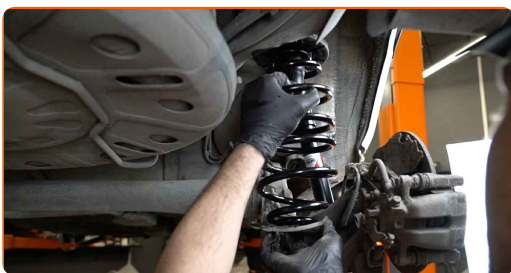
Replacement: coil springs – Opel Zafira F75. Tip:

- Inspect the rubber mounts of the suspension spring. Replace if necessary.

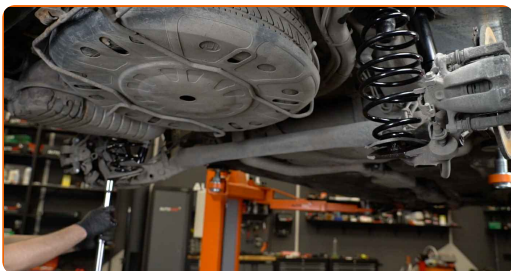
16 Clean the coil spring mounting seats. Use a wire brush. Use WD-40 spray.



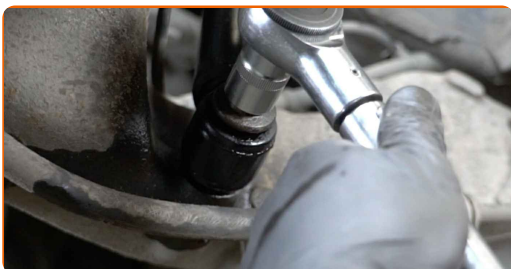
17 Install the coil spring together with the rubber mounts into the mounting seats.



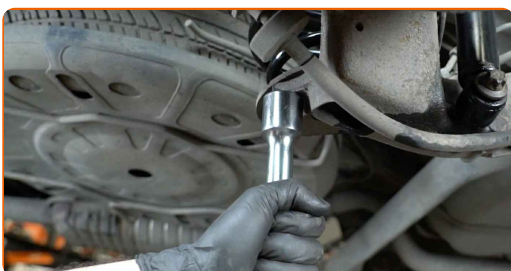
18 Support the rear suspension beam. Use a hydraulic transmission jack.



- 19 Tighten the lower fastener of the shock absorber. Use a drive socket #E20. Use a torque wrench. Tighten it to 110 Nm torque.



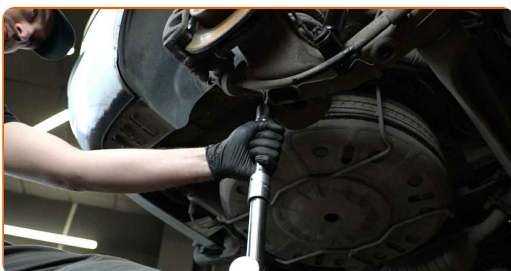
- 20 Remove the mounting from under the rear axle beam.



AUTODOC recommends:

- Opel Zafira F75 – Do not lower the transmission jack sharply to avoid damaging components and mechanisms of the car.

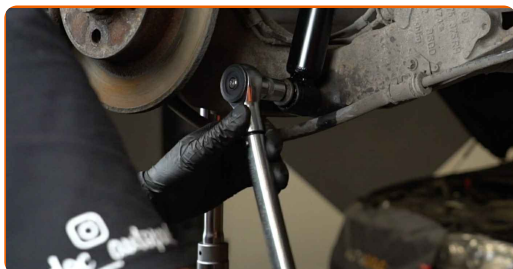
- 21 Support the rear suspension beam. Use a hydraulic transmission jack.



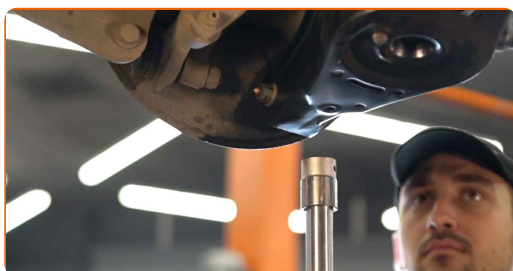
- 22 Install the fastening bolt.

- 23 Screw in the lower fastener of the shock absorber. Use a drive socket #E20. Use a ratchet wrench.

- 24 Tighten the lower fastener of the shock absorber. Use a drive socket #E20. Use a torque wrench. Tighten it to 110 Nm torque.



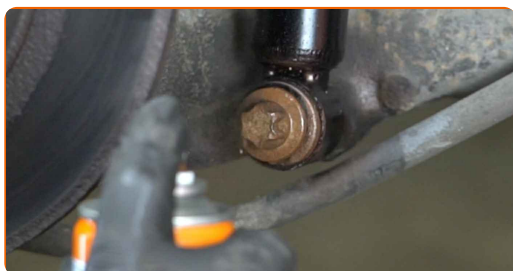
- 25 Remove the mounting from under the rear axle beam.



Replacement: coil springs – Opel Zafira F75. AUTODOC experts recommend:

- Lower the hydraulic transmission jack smoothly, without jerks, to avoid damaging assemblies and mechanisms.

- 26 Treat the shock absorber fasteners. Use copper grease.



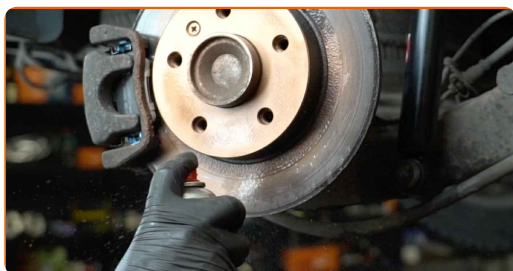
27

Treat the surface where the brake disc contacts the wheel rim. Use copper grease.



28

Clean the brake disk surface. Use a brake cleaner.

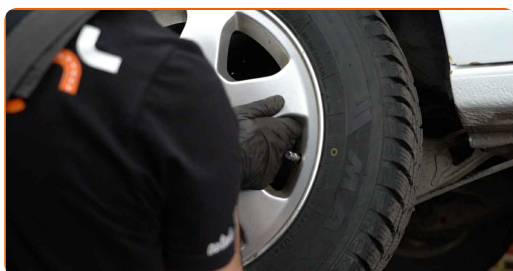


AUTODOC recommends:

- Replacement: coil springs – Opel Zafira F75. After applying the spray, wait a few minutes.

29

Install the wheel.

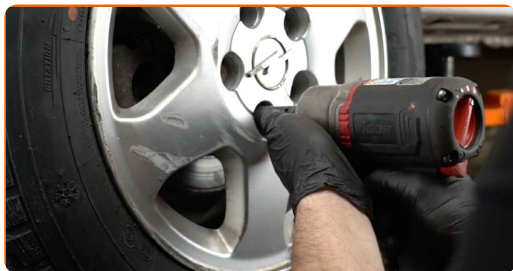


Replacement: coil springs – Opel Zafira F75. Professionals recommend:

- To avoid injury, hold up the wheel when screwing in the fastening bolts.

30

Screw in the wheel bolts. Use wheel impact socket #19.



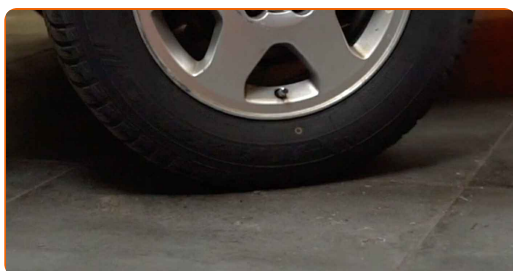
31

Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #19. Use a torque wrench. Tighten it to 110 Nm torque.



32

Remove the jacks and chocks.



WELL DONE! 

VIEW MORE TUTORIALS

AUTODOC – TOP QUALITY AND AFFORDABLE CAR PARTS ONLINE

AUTODOC MOBILE APP: GREAT DEALS AND CONVENIENT SHOPPING



+ AUTODOC

GET IT ON
Google Play

Download on the
App Store

Download

A GREAT SELECTION OF SPARE PARTS FOR YOUR CAR

BUY SPARE PARTS FOR OPEL

COIL SPRINGS: A WIDE SELECTION

CHOOSE CAR PARTS FOR OPEL ZAFIRA F75

COIL SPRINGS FOR OPEL: BUY NOW

COIL SPRINGS FOR OPEL ZAFIRA F75: THE BEST DEALS & OFFERS

DISCLAIMER:

The document contains only general recommendations that may be useful for you when you perform repair or replacement work. AUTODOC shall not be liable for any loss, injury, damage of property occurring in the repair or replacement process due to incorrect use or misinterpretation of the provided information.

AUTODOC shall not be liable for any possible mistakes and uncertainties in this guide. The information provided is for information purposes only and cannot replace advice from specialists.

AUTODOC shall not be liable for incorrect or hazardous usage of equipment, tools and car parts. AUTODOC strongly recommends to be careful and observe the safety rules when performing repair or replacement works. Remember: usage of low quality auto parts does not guarantee you the appropriate level of road safety.

© Copyright 2023 – All the contents of this website, in particular texts, photographs and graphics, are protected by copyright. All rights, including reproduction, publication, editing and translation rights, are reserved by AUTODOC SE.